



Bancroft School Campus Closure FAQ

How Can I Support My Children During the Campus Closure?

Bancroft understands that a shift to a distance learning approach will require our students and families to make adjustments. A continued *partnership* with parents and guardians can play a vital part of ensuring the success of the plan. Division Heads, learning support staff, and faculty are all available to support and guide students (and parents/guardians/caregivers) should they need help. Below are some guidelines for parents/guardians/caregivers to help students achieve success with distance learning. Overall, we encourage you to embrace this time at home as a new adventure with great possibilities. ***Enjoy your family!***

Establish a Regular Schedule for Your Child & Stay Engaged with their Learning

Once distance learning is initiated by the School, it will be important for parents/guardians/caregivers to help students establish and maintain a ***routine and structure*** for their day, beginning with a ***regular bedtime and wake-up time each day***. While some of our students may want to stay up late and sleep in, establishing a regular school day routine will help your child retain a sense of normalcy and stay engaged in learning. Be sure to help your child ***build in "breaks"*** during the school day, encouraging them to stand up and move around so they are not remaining sedentary throughout the day. Begin and close each school day with a brief ***check-in*** as well as checking in throughout the day at regular intervals to ensure that your child is successfully engaging in distance learning. Reach out to your child's teacher if you observe your child struggling to stay focused. Setting ***clear expectations*** with your child about regular school day hours will help your child maintain a schedule and stay on top of his/her schoolwork.

Create a Study Space for Your Child

Productive learning relies on a conducive environment. We recommend that you create a ***separate, quiet space*** in your home for your child to study. The family room sofa with close proximity to a television or your child's bedroom may not be the optimal place for your child to learn. We recommend that you choose an open area in the family living space (kitchen table, dining room, etc.) to ***avoid isolating*** your child and to allow



parents/guardians to monitor your child's learning and screen activity. A room with ***strong wireless connection*** will also be important.

Stay in Communication with your Child's Teachers

Your child's teachers and the division heads will maintain regular communication with parents/guardians/caregivers. The frequency of the communications will depend on your child's age, developmental stage, and level of independence. While teachers are available as resources for your child and for you, please keep in mind that our teachers will need to be in regular email communication with all of their families, so we ask that you be mindful when communicating with teachers, strive to be succinct, and focus on the essential. ***Please use email (not texting) as your primary method of contact with teachers.***

Encourage Independence and Allow for Productive Struggle

Stay engaged in your child's learning by asking them questions and having them share their thoughts while ***encouraging their independence*** so they can take ownership of their own learning. Some ***productive struggle is essential*** to learning, so we ask that parents allow their children to grapple with problems and come up with ideas for tackling them. Stepping in too quickly to help solve problems will deprive your child of the opportunity to learn, try new approaches, and gain greater independence and confidence. If your child becomes discouraged and/or overwhelmed by schoolwork, please reach out to your child's teachers, advisors, or division head.

Help your Child Maintain Social Contact with Peers

It will be very important for your child to stay in social contact (through virtual means) with their friends and peers during distance learning periods. Encourage your child to interact with friends through Facetime/Google Meet or through phone conversations. They can form study groups or informal groups that they develop on their own. Social interactions, such as virtual lunch buddies, will help your child ***stay connected*** and feel a part of the School community.

Wellness: Encourage Physical Activity and Movement and Monitor Student Stress

Physical movement and exercise are vital to maintaining physical and mental health, reducing stress and anxiety, and improving concentration and focus for more effective learning and retention. Parents should ***monitor student stress levels*** and reach out to school counselor Carol Botty, an advisor or



classroom teacher for advice as needed. The health and wellness of our students is of the utmost importance to us. Our PE department, school nurse, and school counselor are working together to help provide a wholistic wellness experience during this transition. We are also working with our PE department to set aside time during the week for students to maintain a level of activity. Parents can partner with the school by **checking in on their child's physical activity** and ensuring that they participate in the activities provided.

This document was adapted with special thanks to our colleagues at Greensboro Country Day School and Sidwell Friends School.